

# TRX

## Boot Camp

*Presented by  
Explosive Sports Performance*



TRX Suspension Training® is a highly effective workout system born in the Navy SEALs.

Suspension Training bodyweight exercise simultaneously develops:

- ✓ Strength
- ✓ Balance
- ✓ Flexibility
- ✓ Core Stability

*ESP's TRX Bootcamp* utilizes the TRX® Suspension Trainer™, a performance training tool that leverages gravity and the user's body weight to enable hundreds of exercises for every fitness goal.

### ***ESP* is now offering TRX Boot Camp training in a small-group private setting**

Challenge yourself with this fast-paced workout combining TRX and cardio drills. Timed sets will keep your heart rate pumping as you power through the reps at your own pace.

Guaranteed to help you get into the best shape of your life!!

Class size is limited to 4 people per class.  
Classes are available on either  
Tuesdays or Thursdays at 9 am.

Next session runs from  
June 5<sup>th</sup> through July 5<sup>th</sup>.

Cost is \$100 for a package of 5 classes and must be paid for in full at sign-up. \*

*If you are interested in this class, but there are no spaces available, add your name to the waiting list to ensure your spot in the next 5-week session.*

Contact Ashley at (717) 329-4482 or email [exsp@verizon.net](mailto:exsp@verizon.net)  
for more information or to sign up!

*\* Sorry, no refunds.*